

## **HEALING THE HEART**

Of late, cardiac diseases are on the rise, the reason being change in lifestyle – food habits, high BP, drugs, over work, alcohol, smoking, emotional disturbances and stress affecting both men and women of all ages.

The heart is the center of our action, both anatomically and metaphorically. It functions automatically with its own pacemaker and blood vessels (coronary circulation). Since heart is the control center of our body, emotions has a pivotal role in our immune mechanism. Emotional disturbances resulting in excessive secretion of cortisone and adrenaline affects the immune mechanism. Those who are always under stress, workaholics, living without exercises are more susceptible to cardiac problems. Hormonal imbalances & mental barriers can also lead to heart diseases. Few decades back it was considered to be a 'man's disease'. Since women have also been taking up strenuous jobs, nowadays heart attack does not discriminate against sex.

### **DIAGNOSIS**

Based on clinical symptoms, diagnostic tests and pathological lesions, numerous technical terms are given - pericarditis, myocarditis, endocarditis, infarct, bradycardia, tachycardia, thrombosis, diseases of valves, angina pectoris are some of the allopathic terms. Holistic treatments like Reiki and Pranic healing are based on chakra functioning (Chakras are the energy centres in the invisible auric body of a person They are located in the inner aura on the midline of the body). In healthy situation, all the chakras are in balance. In ill health, chakras are referred to as being either congested (over-energised) or depleted (weak). Diagnosis in Reiki is a simple procedure consuming less than five minutes. Scanning is done by using the palm chakras and based on the vibrations experienced in the palm of the healer, normal or malfunctioning of chakras is diagnosed.

In Reiki, functioning of the heart is said to be under the control of Anahatha chakra.

In Cardiac diseases, scanning with the palm may reveal either congestion or depletion of Anahatha (or heart chakra) which is located in the middle of the chest region. Another simple technique is by applying gentle pressure on the primary correspondence point in the palm (Sujok Acupuncture point) where the patient feels acute pain. Another is by applying the healer's fingertips in the heart meridian (index finger) of the patient, it can be easily diagnosed whether the heart needs sedation or stimulation. In all their simple diagnostic tests, no gadget is required.

In reiki/pranic healing/Sujok Acupuncture, symptoms for cardiac problems such as breathlessness, pain in the chest region, pain in the left hand, palpitation are considered to involve the Anahatha (heart) chakra and Manipura chakra. High BP usually means congestion of Mooladhara chakra (tip of the backbone) and healing of this restores the function of adrenal gland, thus normalising the BP. In case of

emotional disturbances, which affects the mind, Ajna, Anahatha and Manipura chakras are to be treated.

### **HEALING**

Holistic medicine aims at self-healing. It is the mind-body-medicine. The goal is to accomplish the healing process that is physical and mental. Healing using cosmic energy as is done in Reiki brings about miraculous recovery. When healing cardiac problems, since Ajna chakra has control over all the chakras, Mooladhara for survival, and heart chakra specifically for the heart, Manipura chakras for control of emotions, these chakras are healed. All the chakras are brought to balance by channelising cosmic energy and automatically heart chakra works in harmony with other chakras thus restoring health.

In some cardiac problems warranting surgery like infarct, coronary blocks, valvular degeneration or emotional disturbances psychic surgery is done. In psychic surgery, the patient is taken to deep level of relaxation. By autosuggestion, the patient identifies the negative energy that is causing the disease and the healer with his psychic power removes the negative force that is surfacing. In psychic surgery, the patient's physical body is not even touched by the healer.

In majority of the cases which are treated by using a combination of crystals programmed with reiki, and Acupuncture/Acupressure duration of the treatment is cut short.

Acupressure is applied on the primary correspondence point in the palm and based on the symptom, pressure is applied on the heart/small intestine meridian (Yin/Yang).

### **PREVENTION**

To remove the stress on the mind and physical body which is responsible for precipitating the heart attack, simple meditation helps. In guided cosmic meditation, absorption in meditation leads to inner awareness, which can then be extended into the affected parts of the body through concentrated visualization. When this kind of extension is practiced the process of self-renewal and self-defense gets accelerated and healing takes place. Certain acupressure points for self-healing to prevent recurrence of the disease and for emergencies are taught to the patients. During healing, melodious music is played to relax the mind. Programmed crystals are given for self-healing.

Holistic healing is simple, total, cost effective and without side effects – and compatible with all other treatment methods. The healer's hand is the only tool to channelise the cosmic energy, which is abundance in the universe and has extraordinary healing power.

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